

100 Miles in 100 Days

WalkRutland's 2012 Walking Challenge Guidelines

1. Register online at www.walkrutland.com/100milesreg or pick up a packet at your local library/Rutland Rec. Dept. and mail in the registration form (address below). Forms need to be completed/mailed in at the *beginning* of the challenge.
2. This challenge is FREE, but **if you would like a T-shirt** at the end of the challenge, **include a \$5 check made out to WalkRutland (can be included with your paper registration or mailed separately) and indicate your T-shirt size: S, M, L, XL, 2XL, 3XL**
3. Keep a record of your miles on the walking log provided in the packet from the library or the log can be downloaded from the registration packet online.
4. **Return the completed log by May 1, 2011** to the address below. **Participants who complete the 100 miles and mail in their walking logs will be in a drawing for great prizes!**
5. The **100 Mile Celebration** will be **Sat., May 12, in Depot Park in Rutland from 10 a.m.-noon**, in conjunction with the Farmers Market. T-shirts and prizes will be distributed at the celebration.

The **goal** is to walk one mile a day, but as long as you complete 100 miles in 100 days, you can fulfill the challenge.

Miles are calculated as follows:

- **You must actually go for a walk!** ☺ For example, it wouldn't qualify to put on a pedometer and count the steps while you go through your normal daily routine. Walking indoors or on a treadmill or snowshoeing is fine.
- **Miles must be walked** (running doesn't count--this is a *walking* challenge ☺).
- Mileage can be calculated **by time**: Most people walk a mile in 20 min.; adjust *your* time accordingly.
- Mileage can be calculated **by distance**.
- Mileage can be calculated **by pedometer** *when you are taking an actual walk*: 2,000 steps equal 1 mile.
- **Participants enter the miles walked on their daily log sheet and write the total mileage in the space provided.**

Return paper registration forms and walking logs to:

RMHS, Attn: WalkRutland, 78 So. Main St., Rutland, VT 05701.

Questions? Contact Jen Coleman, WR Coordinator, at jen@walkrutland.com or 786-7324

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